

## WHERE TO FIND HELP



Supporting Agencies

**Behavioral Health Associates (BHAC)**  
Ph: 345.746.0066  
email: info@bhac.ky

**Cayman Counselling Services - Terry Delaney**  
Ph: 345.526.1378 or 345.956.5713  
email: terrydcayman@gmail.com

**Cayman Islands Cancer Society**  
www.cics.ky  
Ph: 345.949.7618

**Department of Counseling Services**  
Ph: 345.949.8789  
email: counseling.services@gov.ky

**Employee Assistance Programme**  
Ph: 345.949.9559  
email: eapci@candw.ky

**Family Resource Centre**  
Ph: 345.949.0005  
email: frc.gov.ky

**Narcotics Anonymous**  
Ph: 345.929.NANA(6262)

**Solutions Ltd.**  
Ph: 345.949.1327  
email: info@solutionsltd.ky

**The Wellness Centre**  
345.949.9355  
email: info@wellnesscentre.ky

## BEFORE YOU RISK IT



*Second Hand smoke*

There is no risk-free level of exposure to secondhand smoke. Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).

### *Third hand Smoke*

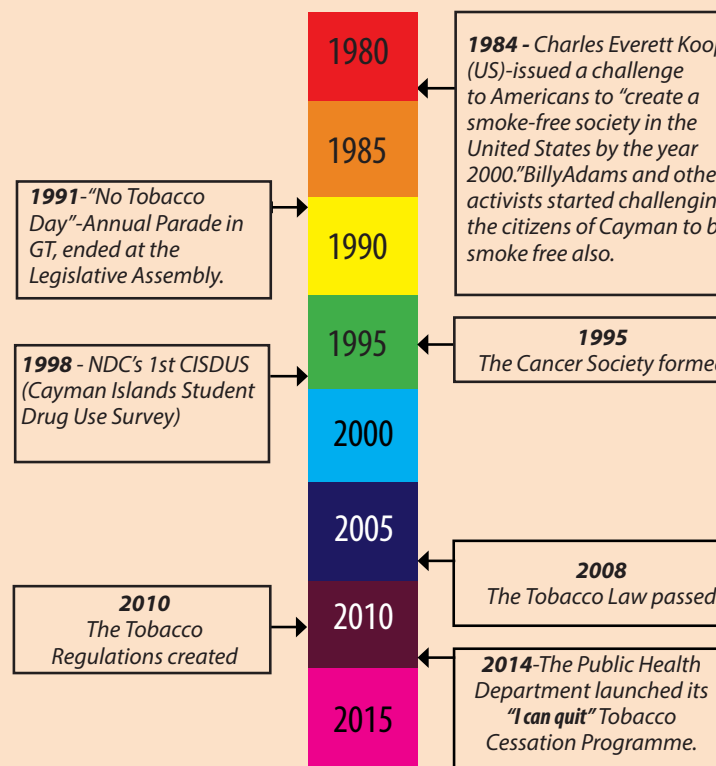
Thirdhand smoke is generally considered to be residual nicotine and other chemicals left on a variety of indoor surfaces by tobacco smoke. This toxic mix of thirdhand smoke contains cancer-causing substances, posing a potential health hazard to nonsmokers who are exposed to it, especially children. Studies show that thirdhand smoke clings to hair, skin, clothes, furniture, drapes, walls, bedding, carpets, dust, vehicles and other surfaces, even long after smoking has stopped.



Unit 17 & 18 Caymanian Village  
P.O. Box 10007 Grand Cayman KY1-1007  
Tel: 345-949-9000 info@ndc.ky www.ndc.ky



## GET THE FACTS



GET THE FACTS.....

# SMOKING





# TOBACCO CLASSIFICATION

#FULLOFPOISON

## Nicotine is both a stimulant and a depressant.

That means it increases the heart rate at first and makes people feel more alert, then it causes depression and fatigue. The depression and fatigue — and the drug withdrawal from nicotine — make people crave another cigarette to perk up again.

## Contents of a Cigarette:

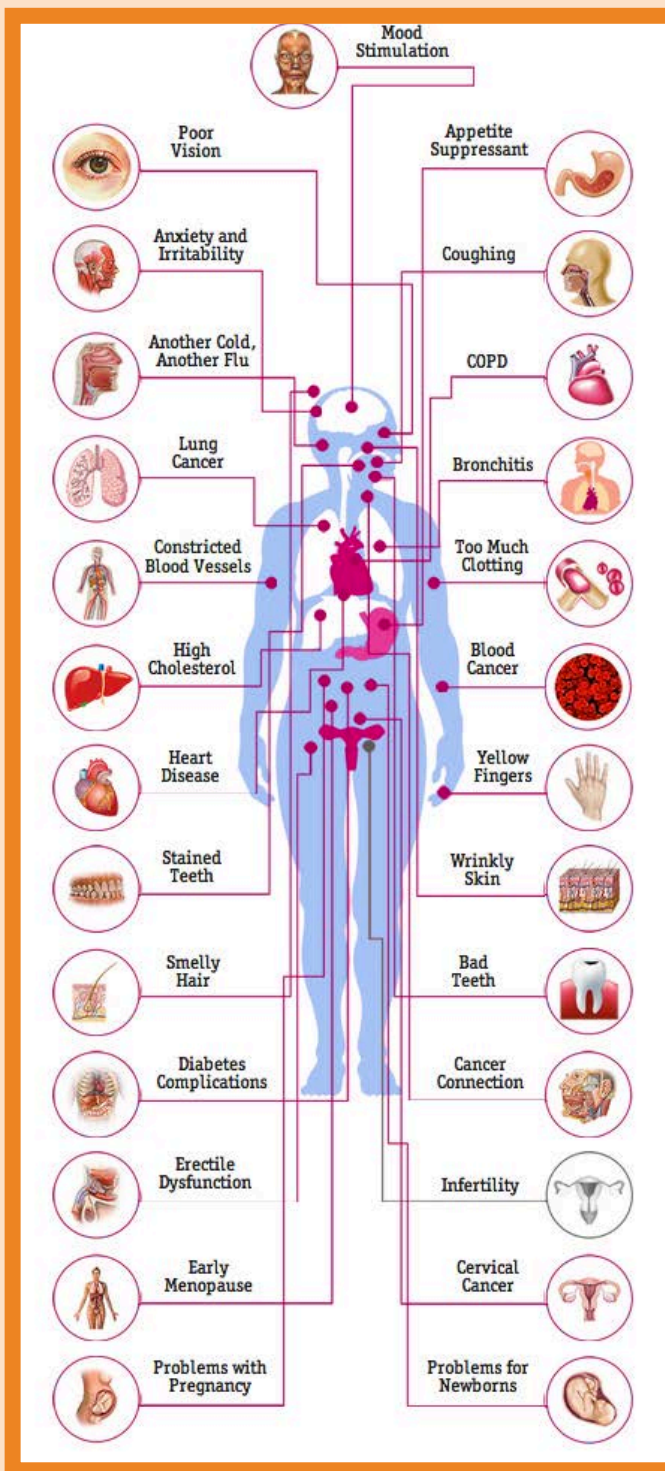
There are more than 4,000 identified chemicals found in cigarette smoke, hundreds which have various carcinogenic and mutagenic effects.

## What is in a cigarette



# EFFECTS ON YOUR BODY

#SMOKINGKILLS



# THE COST OF SMOKING

#WHATAWASTEOFMONEY



1 pack smoked per day  
#lookwhatyoucanhaveinstead

Weekly cost: \$70.00



Monthly cost: \$300.00



Yearly cost: \$3,650.00



The Cayman Islands law restricts anyone under the age of 18 from possessing and consuming any tobacco product. This can include but is not limited to stiff penalties and fines.

# TIPS ON QUITTING

## QUIT SMOKING RIGHT NOW!

What will happen to your body if you give up smoking right now

